



Your daily affirmation: I WON'T LET THE SUGAR CRAVINGS CONTROL ME!

I will select one of the simple strategies below to help me

1. Clean out the pantry

Go get busy. It's far easier to avoid the temptation when it's not right in front of you. If your family eats foods you don't want, then put them in a separate cupboard or section of the pantry and just don't ever consider them.

2. Drink more water – have a glass when I get a sugar craving and try to drink 1.5-2 litres of water a day.

3. Take a supplement – gymnema sylvestre or chromium can help especially when making a dietary transition or when cutting out processed sugars and packaged foods.

4. Increase the Omega 3s – take daily flaxseed capsules - 2 with every meal, or increase the use of olive oil over meals and salads, and add some additional avocado to meals.

5. Take a small teaspoon of coconut oil - Take a small teaspoon of coconut oil directly into your mouth and swallow it down. Wait 5-10 minutes and your cravings will be gone.

6. Cinnamon powder – put a small spoonful of cinnamon powder in the mouth, also has additional health benefits.

7. Suck on coriander or fennel seeds – a great alternative for people who love to suck on candy or chewing gum. Just suck or chew on the seeds.

8. Eat a piece of fruit – any fruit of your choice on it's own or with a 1/4 cup of full fat Greek yoghurt or a handful of nuts.

9. Licorice tea – an herbal tea that is sweet in flavour and helps reduce cravings.

10. Get active – distract myself by going for a walk, doing some housework or another activity.

Good Luck with it. You can do it!